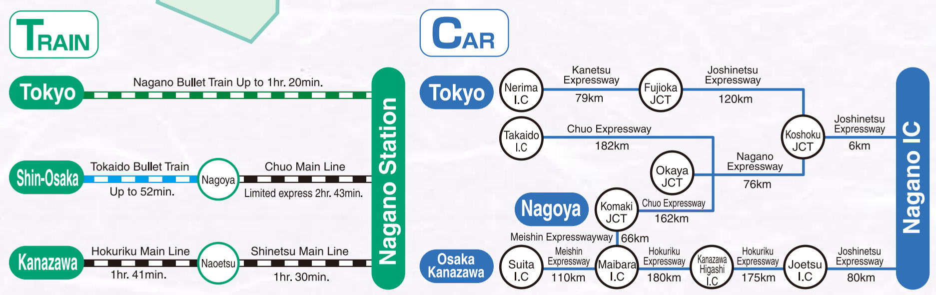
Access to Nagano



Useful Phrases

- Hello. → こんにちは（Kon-nichiwa）
- Good-bye. → さようなら（Sayounara）
- Yes / No → はい（Hai）/いいえ（Iie）
- Thank you (very much). → ありがとう（ございます）（Arigato（gozaimasu））
- I'm sorry / Excuse me. → すみません（Sumimasen）
- This one please. → これをください（Kore o kudasai）
- How much is it? → いくらですか？（Ikura desu ka?）
- Where is the restroom? → トイレはどこですか？（Toire wa doko desu ka?）
- Where is the bank? → ［銀行］はどこにありますか？（［Ginkou］ wa doko ni arimasuka?）

Nagano Convention & Visitors Bureau
Nagano-shi Monzen Plaza 4F,1485-1 Shinden-cho,
Nagano-City,Nagano,380-0835 Japan
Tel.026-223-6050 Fax.026-223-5520 URL:http://www.nagano-cvb.or.jp

2008.3

長 野 市

Japan

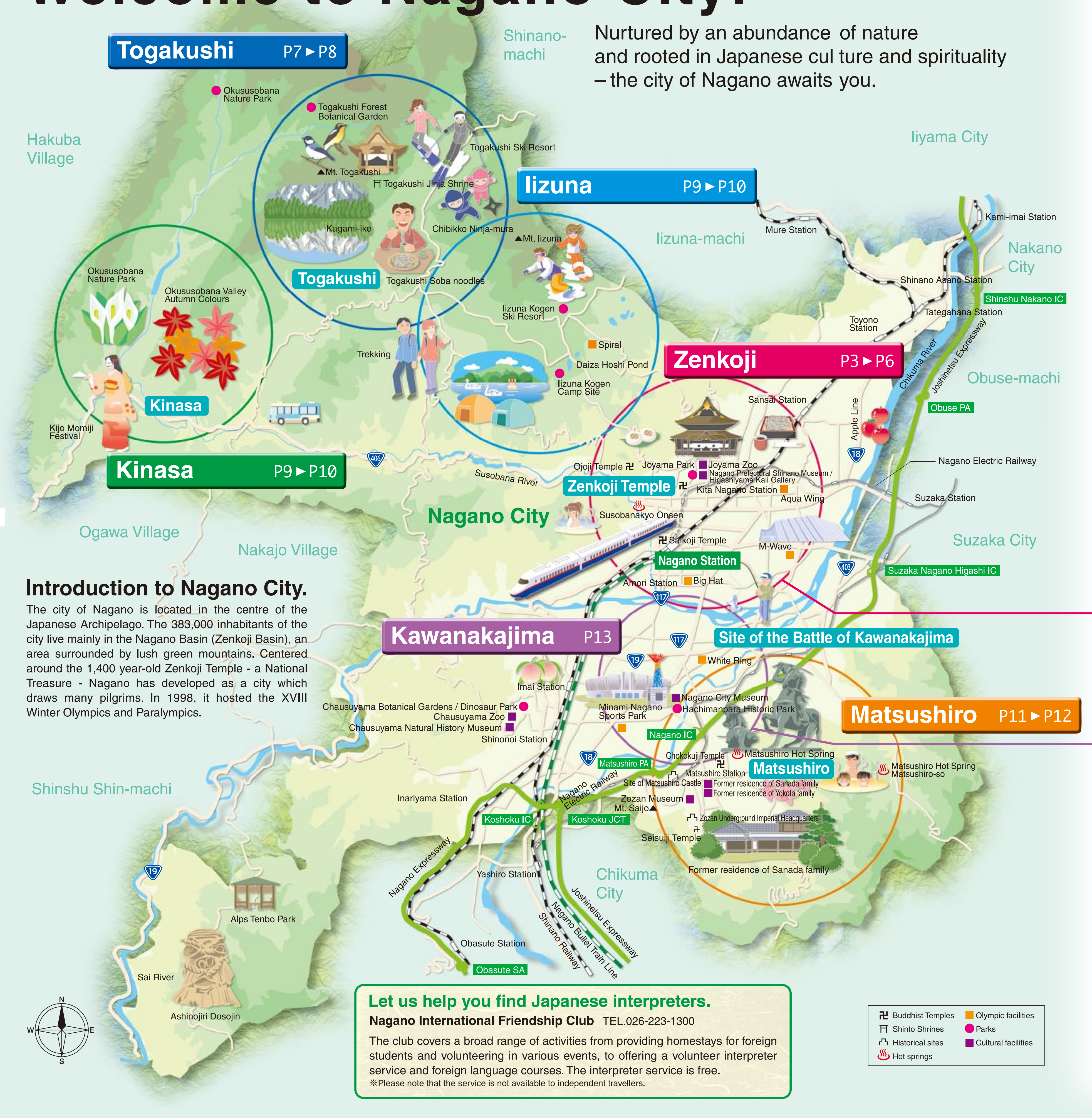
NAGANO

A city woven from nature and history

©善光寺

Welcome to Nagano City!

Nurtured by an abundance of nature and rooted in Japanese cul ture and spirituality – the city of Nagano awaits you.



Introduction to Nagano City.

The city of Nagano is located in the centre of the Japanese Archipelago. The 383,000 inhabitants of the city live mainly in the Nagano Basin (Zenkoji Basin), an area surrounded by lush green mountains. Centered around the 1,400 year-old Zenkoji Temple - a National Treasure - Nagano has developed as a city which draws many pilgrims. In 1998, it hosted the XVIII Winter Olympics and Paralympics.

Let us help you find Japanese interpreters.

Nagano International Friendship Club TEL.026-223-1300

The club covers a broad range of activities from providing homestays for foreign students and volunteering in various events, to offering a volunteer interpreter service and foreign language courses. The interpreter service is free.

※Please note that the service is not available to independent travellers.

Sightseeing in Nagano City starts here.

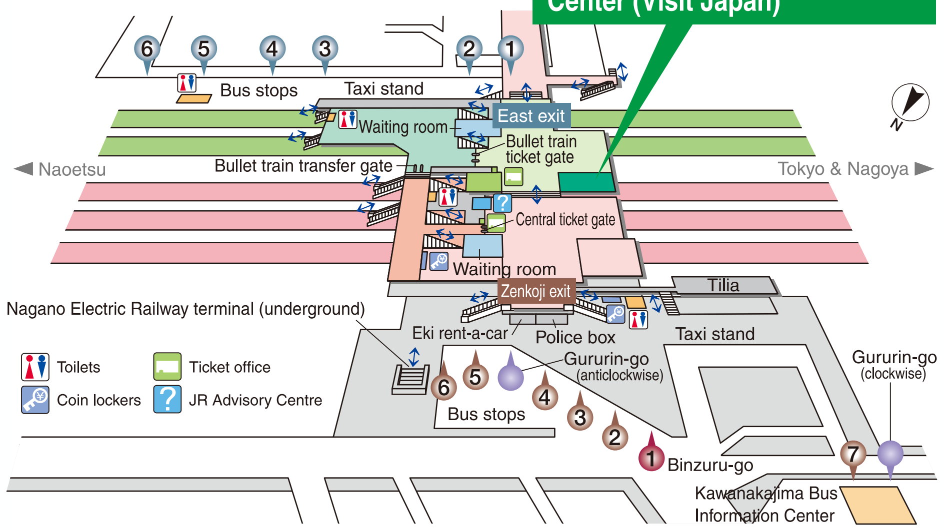
Nagano City Tourist Information Center (Visit Japan Information Network)

The Information Center is situated opposite the Shinkansen Bullet Train ticket gates inside the station and has pamphlets and tourist information for both Nagano City and neighboring municipalities. Feel free to ask the staff any questions you might have.

INFORMATION

TEL.026-226-5626【Business Hours】09:00-18:00 Open everyday (except Dec. 30th / 31st)

JR Nagano Station Information



Go by bus - a convenient way to explore the city!

Bus Stop Information in front of Nagano Station / Buses for Zenkoji Temple

Zenkoji Line / Binzuru-go…Zenkoji Temple Bus Stop ①

The minibus circles the outskirts of the temple grounds. It departs from Nagano Station and goes via Chuo-dori Street and Zenkoji-Daimon Mae.

【Fares】Adult: ¥100, Child: ¥50.

Binzuru-go

Gururin-go (Clockwise / Anticlockwise) …
Bus stop for the Zenkoji Temple entrance.

Buses for the 45 min. route leave every 20 minutes. There is one set fare for all stops.

【Fares】Single ride : Adult : ¥100 yen, Child : ¥50.

■Kawanakajima Bus Nagano Station Information Center Tel. 026-227-0404

■Nagano Dentetsu Bus Tel. 026-295-8008

Gururin-go

Zenkoji Temple, Matsushiro one-day Pass
(Unlimited one-day travel on the buses for Zenkoji Temple, Matsushiro and Kawanakajima.)

【Fares】Adult : ¥1,500, Child : ¥750 (up to age 12)

There are also discounts on admissions to tourist facilities. Tickets can be purchased in advance at the Kawanakajima Bus Nagano Station Information Center.

Buses for suburban sightseeing routes

Togakushi Kogen	No.70 or No.71 (Togakushi Kogen). Depart Nagano Station bus stop no.⑦. Approx. 1hr.
Iizuna Kogen	No.70 or No.71 (Togakushi Kogen). Depart Nagano Station bus stop no.⑦. Approx. 30min.
Kinasa (Okususobana)	No.75 (Okususobana Shizen-en). Departs Nagano Station bus stop no.⑦. Approx. 2hrs. (seasonal operation).

Buses for the Northern Alps

Hakuba (Happo, Goryu)	Take the express bus for Hakuba / Hakuba Norikura from Nagano Station East Gate bus stop no. ⑥. Approx. 1hr.
Tsugaike Kogen	Take the express bus for Hakuba / Hakuba Norikura from Nagano Station East Gate bus stop no. ⑥. Approx. 1hr. 30mins.
Tateyama Kurobe Alpine Route	Take the express bus for Omachi / Ogizawa from Nagano Station East Gate bus stop no. ⑤ (seasonal operation). Approx. 1hr. 30mins.

●How to ride the bus in Nagano City

(1) Board the bus from the back door.
(2) Take a numbered ticket as you board.
(3) Press the button to get off at your desired stop.
(4) Pay your fare before getting off the bus.
Payment by coins is best. However, notes can be changed on the bus (¥1,000 notes only).
(5) Get off the bus from the front door.
※In some cases, tickets should be purchased in advance.

Paying fares

Cash is the most frequent mode of payment for paying fares in Japan. Although major credit cards can be used, it is best to have some Japanese money with you as, in some rare cases, a card might not be accepted.

Zenkoji Area

善光寺表参道

ZENKOJI OMOTESANDO

Visit Zenkoji Omotesando!

Having been welcomed by the statue of Princess Nyoze standing in Nagano Station plaza, walk towards the Niomon Gate visible in the distance at the top of the hill.
You are sure to make many discoveries on your way.

National Tangible Cultural Property

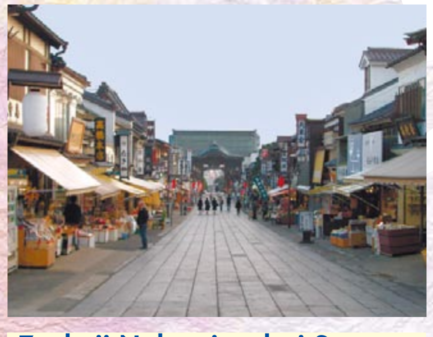
Keep an eye out for noodle-making!

Stone-paved approach to the temple

Daimon-cho

Old merchant houses with storehouses in Monzen-machi

As you get closer to Zenkoji Temple, you will find more storehouses and merchant houses reminiscent of the romantic Taisho era. The stone-paved streets are lined with stone lanterns further adding to the atmosphere of the Monzen-machi. With buildings like the Zenkoji Post Office housed in former travel lodgings, and "THE FUJIYA GOHONJIN" - a former inn for government officials, a picturesque scene spreads out before you.



Zenkoji Nakamise-dori Street

Stone-paved street lined with shops and bustling with visitors

The stone-paved street spreading out from Niomon Gate is a bustling shopping area called Nakamise. As well as selling local specialties such as oyaki and soba, soba and miso-flavored soft serve ice creams are also popular. It is said that around 7,777 stones were used to pave the 450m approach leading to the temple's main hall.

"Soba" -the travellers' dish

Omotesando Street, which stretches from the station to the temple gate, is lined with many soba restaurants. Nagano Prefecture is the birthplace of 'soba' - a typical Japanese noodle and, as such, has a longstanding reputation for delicious soba. Do not miss the soba dishes while exploring the area.

Oyaki

Oyaki is a typical local dish of the Shinshu region. It is a dumpling made of wheat flour filled with seasonal and wild vegetables, which is steamed or baked. Each shop has its own special variety.

Susobana Onsen -Motoyu Uruoi-kan

Relieve the weariness of the journey in a hot spring

Motoyu Uruoi-kan is a natural hot spring reasonably close to Zenkoji Temple and Nagano city centre. Soak up the seasonal atmosphere while bathing in the large outdoor bath facing the valley.

INFORMATION

TEL.026-237-4126
【Admission】Adult ¥650, Child ¥300, Toddler ¥150, Infants 2 and under - Free
Business hours:10:00~23:00 (also open for morning baths) Open seven days a week
※Morning bath ¥450

Nagano City - a Monzen-machi.

What's a Monzen-machi?

Monzen-machi refers to a town which grew up in front of the gate to a temple or shrine. Nagano City is a typical Japanese Monzen-machi and is filled with lodgings, restaurants and souvenir shops which welcome pilgrims from all over Japan.

Statue of Princess Nyoze

Statue of a princess saved by Zenkoji Temple

The bronze statue of Princess Nyoze was erected by the water fountain in the Zenkoji Temple plaza. The statue of the princess, who is the daughter of Gakkai in India and associated with the temple, stands with her back against the station and offers incense to the temple in the north.

Choseki-dohyo

Guideposts to Zenkoji Temple

The stone guideposts stretch from the main hall of Zenkoji Temple to Nagano Station. They can be found in pairs at intervals of 109m along the 2km street in tribute to the vows of Amitabha Tathagata*.
*There are no guideposts in I-cho or 2-cho.

Karukaya san Saikoji Temple

A temple with *etoki* that flourished alongside Zenkoji Temple

An ancient temple where you can find *etoki* which depict the tale of 'Monk Karukaya and his Son Ishidomaru' and have deep associations with Zenkoji Temple, and Mandala - a graphic depiction of the spiritual universe.

INFORMATION

TEL.026-226-8436
【Admission】Course A (30min) ¥300, Course B (1hr) ¥500 Open: 09:00-16:00 Open seven days a week

祭 Festival

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③

Nagano Floral Fiesta Zenkoji Temple Flower Corridor ①《Late Apr.~ Early May》

A wide variety of flowers herald the end of long winter and the start of spring. Nagano Station and Omotesando Street are decked with flowers.

Nagano Binzuru Festival ②《Early Aug.》

This is Nagano's main summer event and everyone joins in the festive mood. Under firey beacons, the circling Binzuru dancers send up shouts of 'Sore' which echo across the city to the accompaniment of clacking rice paddles.

Yoi Ebisu《Nov. 22》 Ebisuko Fireworks Display ③《Nov. 23》

Ebisuko is a traditional event dedicated to the god of fortune. The event throngs with people buying Daruma dolls and bamboo rakes, wishing for good luck in the coming year. At night, a spectacular firework display adorns the winter skies.

How to bathe in an onsen

An onsen is a communal bath. When bathing in an onsen, please observe the manners.

Precautions

①Avoid bathing when hungry or full.
②Drink plenty of water before bathing. Do not drink alcohol.
③Before entering the bath, wash your body. ④Do not put towels in the bathtub. ⑤Rest after bathing.

What's "Hadaka no Tsukiai?"

The Japanese people's love of bathing has been included in foreign reports as far back as the middle ages. "Hadaka no Tsukiai" means to communicate frankly in a truly personal way, by bearing all in the bath.
Naturally, conversations get lively.

Local delicacies. Try them all!

味 Food

Omotesando Street has been bustling with pilgrims for hundreds of years. Why not explore the street trying the local delicacies as you go?

Soba Crepes (Kukuya Shunsui)

Sweet crepes made from soba and wheat flour and filled with blueberry jam, cheese cake and whipped cream. Savoury galettes made from 100% soba flour are also popular.

Miso Ice Cream (Suyakame)

The miso-flavoured soft serve ice cream is made in the miso shop. It is so popular that on weekends and holidays a long queue forms by the door.

Shichimi Togarashi (seven-flavour chili pepper) (Yawataya Isogoro)

Shichimi Togarashi, is a condiment which brings noodles and lets you savour a combination of seven spices. It includes spicy chili peppers, aromatic Japanese peppers and aromatic sesame. The way to try it is to sprinkle it in the soba dipping sauce.

Apple Wood Personal Seals (Takei Kogeiten)

Create your own original seal from the small branches of the local Shinshu apple trees. The shop sells a variety of traditional crafts.
【No-no-hana Yu-in】(Wild Flower Seals) from ¥1,890 each.

Patteio Daimon Kuraniwa

A new commercial facility with a nostalgic element. Created from old-fashioned store-houses and merchant houses the facility features a wide variety of shops such as restaurants and souvenir shops.

Saka Manju (Tsuruya)

The uniquely flavoured with Saka Manju (flavoured with Japanese sake), which have been made since the Edo Period, are delicately sweet and tangy dumplings filled with a sweet bean paste.

Yakimiso Musubi (Suyakame)

Plump rice balls are brushed with the right amount of the Suyakame brand Shinshu miso. The aroma of freshly grilled miso is mouth watering.

Zenkoji

善光寺
ZENKOJI

Journey to Zenkoji Temple-1,400 years of history

The Japanese have long been told to visit the ancient Zenkoji Temple at least once in their lifetime. Not only is it the heart and soul of the people, it is a temple of outstanding history and architecture.

©善光寺

Zenkoji Temple

Zenkoji Temple was established when Yoshimitsu Honda of Shinshu enshrined the statue of Amitabha Tathagata.The statue had been recovered from a moat in Nanba where it had been buried by the anti-Buddhism faction at a time when Buddhism was being introduced to Japan. It is worshipped by the general public - both men and women - to this day.

Main Hall

The principal image is enshrined here

The main hall of the temple is typical Buddhist architecture from the mid Edo Period and is a National Treasure. The principal image, Ikko Sanzon Amida Nyorai (Amida Triad), is enshrined inside the holy altar in the innermost temple.

Map of Zenkoji Temple Grounds

※It takes 30mins on foot and 13mins by bus from Nagano Station to Zenkoji Temple.

①

©善光寺

②

Inner Temple ①

Eye-catching, awe-inspiring decorations

Admission: ¥500

Visitors can pay their respects in the tatami matted inner temple from the time the doors of the main hall are opened until sundown. It is also possible to walk round the kaidan ordination.

Sanmon Gate ②

Look for the letters that contain images of pigeons

The 20m tall Sanmon Gate, with its double-layered roof with eaves below the gables, is an Important Cultural Property. The sign that reads "Zenkoji" is well-known for having the outline of pigeons inside the Japanese characters.

Niomon Gate ③

Impressive statues of the temple guardians

The Niomon Gate is the first gate you pass before entering Zenkoji Temple. The 4.8m tall statues of Nio (temple guardians) were created by Koun Takamura and his student Unkai Yonehara.

INFORMATION

TEL.026-234-3591 (Zenkoji Temple Office)

③

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A precious experience unique to Zenkoji Temple!

©善光寺

Obinzuru-sama

Rub the statue for good health

Obinzuru-sama was one of the disciples of Buddha. Tradition has it that if you rub the area of Obinzuru-sama's body that corresponds to an ailment, the ailment will be cured. For this reason, the many visitors have worn the statue smooth.

©善光寺

Walk round the kaidan ordination

Happiness

Visitors can walk through the pitch-black corridors under the main hall. Tradition has it that if you touch the key below the principle image, your entry into paradise is secured.

©善光寺

Oasaji (Morning service)

Start the day at Zenkoji Temple

The day at Zenkoji Temple begins with morning service. The sutras, which are first read by the chief priest of Daikanjin, followed by the monks and then the high priest and monks of Daihongan, reverberate solemnly around the temple. Morning service starts between 05:30 and 07:00 according to the time of sunrise.

©善光寺

Ojuzu Chodai

Pray for good fortune

Every morning pilgrims can be seen kneeling in a row as it is believed that you will receive merit if the head priest touches your head with the rosary beads when entering or leaving the main hall of Zenkoji Temple for morning service.

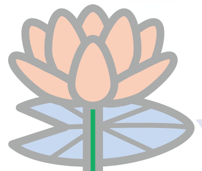
How to pay your respects at Zenkoji Temple

1. First, go through Niomon Gate where the Nio temple guardians stand guard. (Going through gate means you have been permitted to pay your respects at the temple.)
2. Before entering Sanmon Gate, stop by the basin to cleanse your hands to purify yourself.
3. Purify your body with the smoke from the incense in the large incense burner in front of the main hall. (It is said that if you bathe the part of your body which ails you in the smoke, the problem will be cured.)
4. Place a money offering to Obinzuru-sama in the inner temple inside the main hall. Rub the part of his body which corresponds to the part which ails you and pray for it to be cured.
5. Toss some money into the offertory box and turn to face the principal image. Put your hands together, take a bow and say a prayer.
6. You can also have prayers said on your behalf by a priest in the inner temple or walk round the altar below the principal image (charges apply).

The significance of Osaisen (money offering)

Osaisen is a money offering made to give thanks to the gods and Buddha and also to give thanks for one's wishes coming true. In former times, people offered rice.

What's Gokuraku?



Gokuraku is an abbreviation of the term "Gokuraku Jodo", a peaceful place without suffering where Amida Buddha, who has vowed to save all people, resides. It is also an abbreviation of the term "Gokuraku Ojo", which means if one folds one's hands and offers a prayer from the heart, one can die peacefully and go to paradise. In Japan, we say "Gokuraku, gokuraku" when we feel good soaking in a bath.

Temple lodgings offering vegetarian cuisine

Zenkoji Temple Lodgings

There are 39 lodgings inside the grounds of Zenkoji Temple. Each one of them is an independent temple and each head priest plays an important role in running the events of Zenkoji Temple. There are valuable Buddhist statues and treasures on display, and visitors can stay overnight to sample vegetarian cuisine.

INFORMATION

TEL.026-234-3591 Zenkoji Shukubo Association (Zenkoji Temple Office) ※Japanese speaking only

Shojin Ryori (vegetarian cuisine)

Shojin ryori stems from the time when Buddhist priests abstained from eating fish and meat in order to devote themselves to Buddhism during training. It is prepared using vegetables, seaweed, soy products such as tofu, deep fried tofu, soybean curd and natto (fermented soybeans), dried wheat gluten, dried foods and sesame and contains neither fish nor meat. While it is simple fare, making full use of the flavors of miso, oils and stock, it is a cuisine which values manners.

祭 Festival

Nagano Tomyo Festival

Dazzling light performance

《Early~Mid Feb》

Nagano Tomyo Festival is an event which commemorates the Nagano Olympics and during this festival, Zenkoji Temple is illuminated with five different coloured lights. There are various events to enjoy, such as the Yume Akari-e Exhibition.

The Opening of Zenkoji Temple Maedachi Honzon

Held once every seven years

Zenkoji Maedachi Honzon (a National Important Cultural Property) is a copy of the unseen statue of the principal image, Ikko Sanzon Amida Nyorai (triad of Amida Buddha images sharing one halo) and was made in the Kamakura Period. At this event, held once every seven years, the golden thread tied to Maedachi Honzon's right hand is replaced with a five-coloured thread, which is tied to the Daieko-bashira beam that stands in the approach in front of the main hall. It is said that if you fold your hands in prayer to the beam, you will form a connection with Buddha. This event will next take place in 2009.

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Nearby attractions

Nagano Prefectural Shinano Museum / Higashiyama Kaii Gallery

Shinano Museum exhibits works by artists in Nagano Prefecture and the landscapes of Shinshu.Higashiyama Kaii Gallery, which is built next to the museum, exhibits works by the artist Kaii Higashiyama, who is known for his serene Japanese-style paintings.

INFORMATION

TEL.026-232-0052

【Admission】Fee applies. Open: 09:00 - 17:00 (Last admission 16:30) Closed on Weds, New Year period.

Cherry Blossom in Joyama Park

《Blossom viewing season: Mid-Late Apr.》

Joyama Park on the east side of Zenkoji Temple is the best place to see cherry blossom in Nagano City and approximately 320 Yoshino cherry trees bloom here in full glory. During the blossom season, Japanese tea stalls are set out and the park bustles with visitors. The blossom can also be viewed at night.

Should you require an interpreter-guide—

Bonsho no Kai TEL.026-243-4236 / 090-4594-4150

Bonsho no Kai is a volunteer tour guide group, which provides tour guides to individuals or groups from overseas who wish to visit Zenkoji Temple and the vicinity (Matsushiro, Obuse, Togakushi, etc.). English, Chinese and German are available. A charge may be applicable in some cases.

Togakushi, Iizuna, Kinasa

A 30 minute car ride from Nagano City brings you to the highlands and a mysterious looking mountain range.
Togakushi, Iizuna and Kinasa are still home to many legends.

Togakushi Area

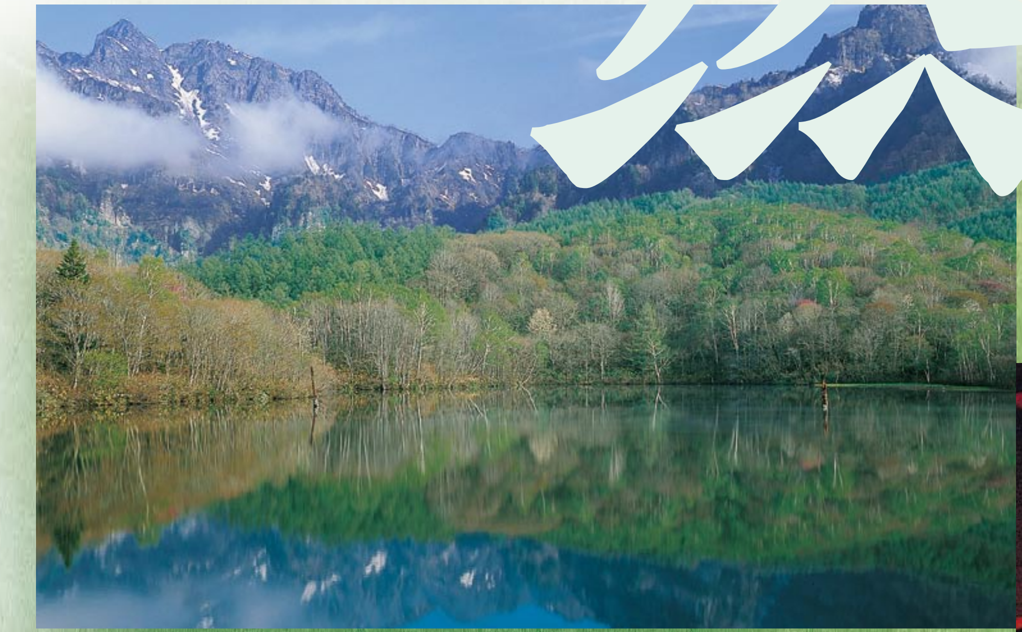
Approx. 60mins by bus or car from Nagano Station.

A journey into year-round beautiful countryside and folk customs.

戸隠
TOGAKUSHI

Togakushi Jinja Shrine

Togakushi Jinja Shrine has a spring, which is reputed to never dry up no matter how long a drought lasts. It has long been worshipped as the shrine of the god of water and agriculture. The mountain itself is a god and there are five shrines leading up the mountain from the base.



Okusha Shrine

Chusha Shrine

Hokosha Shrine

Kagami-ike

Kagami-ike (Mirror Pond) reflects the strange shape of Mt. Togakushi. The springtime cherry blossom, summer greenery and tinted autumnal leaves captivate all who gaze at them.

How to pay your respects at a Shinto shrine

In Japan, it is believed that many gods protect the country and its people, and that the shrine grounds, including the mountains and forests, are where the gods reside. Once you pass through the shrine gate, you are in the realm of the gods.

1. Calm yourself before passing through the shrine gate to enter the grounds.
2. The centre of the approach is where the gods pass. Visitors should walk on either side of the path.
3. Rinse your hands and mouth at the basin to purify yourself. (Use the ladle to pour your water into your hand to rinse your mouth).
4. Having made a little bow in the direction of the main shrine, ring the bell to remove negative vibes.
5. By way of an offering to the gods, toss some coins into the offertory box.
6. Take a bow to show your respect to the gods and clap your hands as a sign of inviting the gods and to become one with them (two bows and two claps).
7. Finally, make a bow as a sign of sending the gods back (one bow).

Avenue of Cedar Trees

The 2km approach leading to Okusha Shrine is lined with cedar trees and is bathed in a mysterious aura.

One of Japan's top three-"Togakushi Soba"

Soba (buckwheat) noodles were eaten regularly by Shinto practitioners during the Heian Period and, having been offered to the visitors of Togakushi Jinja Shrine, they became a local specialty. The soba noodles served at the shrine can be said to be representative of Shinshu Soba.
The distinguishing feature of Togakushi noodles is that the dough is rolled out into a disk shape before being cut. The flavour of the noodles is further enhanced by boiling it straight after cutting and cooling it in cold, crystal clear water from the Togakushi Mountain Range.
The style of serving the noodles in small portions, called "Bocchi-mori", is also unique to Togakushi. Since there are about 30 soba noodle shops centering around Togakushi Jinja Chusha Shrine, there are many soba lovers who go from shop to shop. Homemade soba noodles can also be enjoyed in temple/shrine lodgings and guest houses.

味
Food

Togakushi Soba Museum Tonkururin

Take the soba-making challenge

In the museum dedicated to soba noodles, you can see, experience and taste soba noodles and enjoy everything about them. The exhibits related to the culture of soba are very interesting. Visitors can also try their hand at making soba in the traditional way under the instructions of the local expert.

INFORMATION
TEL. 026-254-3773
【Charges】Admission ¥250
Course: Adult single ¥1,000～, Under 15 ¥500～,
Soba-making bowl rental ¥3,000～ Open:09:00-17:30 (last admission 16:00) Closed every 3rd Weds.

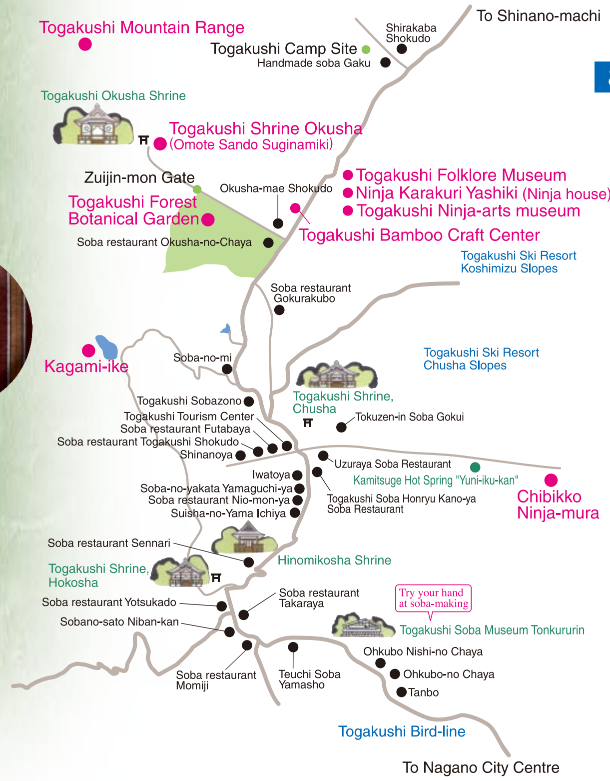
Buckwheat - a feast for the eyes

Viewing season for buckwheat blossom
《Mid Jul. and Mid Sept.》
Buckwheat favours a cool climate and, since it only has a short growing period before harvest, soba grown in the highlands of Nagano can be harvested twice a year during summer and autumn. It's blossoms can be viewed for months on end. The sight of buckwheat fields in the highlands turning pure white with blossom and swaying in the breeze is magical.

Togakushi Soba Festival

祭
Festival

《Late Sept.》
The Soba Festival is held every year on the Autumnal Equinox when the buckwheat blossom is in full bloom. The festival is is brought alive by soba eating contest and soba-making demonstrations by soba makers.



遊
Activities

Togakushi is known as the home of Togakure Ninja, which existed during the Warring States period.

Togakushi Minzokukan, Togakure-ryu Nimpo Shiryokan, Ninja Karakuri Yashiki

See every exhibit and become a Togakushi expert!

INFORMATION
TEL.026-254-2395
【Admission】
［Combined ticket for three museums］Adult : ¥500 Child : ¥350
Hours: 09:00-17:00 Open seven days a week (Closed late Nov. to mid Apr.)

Chibikko Ninja-mura

Explore the house and experience Ninja-style blade throwing.

INFORMATION
TEL.026-254-3723
【Admission】
Adult / Child ¥450 Infant ¥200
Hours:09:00-17:00(Late Apr～late Nov)
Closed Thurs. (Open seven days a week during summer break)

Togakushi Bamboo Craft

Bamboo-ware made of twisted bamboo that grows wild in the mountains of Togakushi is a craft that has been passed down since the Edo Period. They were originally used as day-to-day items, but are now more appreciated as works of art.

Bamboo Craft Workshop

Togakushi Takezaiku Center (at the entrance of Togakushi Okusha Shrine)

INFORMATION
TEL.026-254-2947
【Charges】Free admission Course ¥1,600～ (approx.1hr.～)
By appointment only. Book 1 week in advance (excludes Sat., Sun. and national holidays)
Hours: 08:00-17:00 (Late Apr.～early Nov.) Open seven days a week during opening period

Iizuna Area

Approx. 30 minutes by bus or car from Nagano Station

Iizuna has highlands and ponds where people relax and enjoy walks, camping and sports.

飯綱
IIZUNA

Kotengu-no Mori (Adventure Centre)

Kotengu-no Mori is an athletic ground in the forest. It offers a wide range of sporting gear, including a bridge that floats on water, that fires up the sense of adventure. It is also a perfect place for bird-watching and viewing wild flowers.

INFORMATION
TEL.026-239-2505
【Admission】Free Open: Late Apr.～early Nov.
※Weather permitting

Mt. Iizuna and Daiza Hoshi Pond

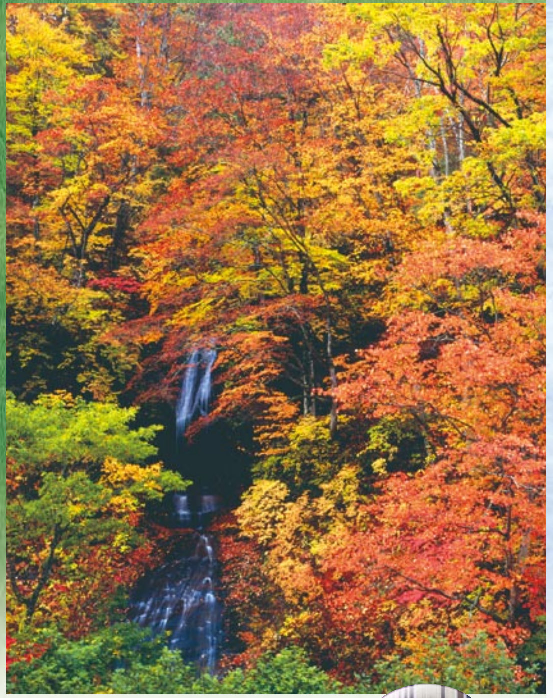
At a height of 1,917m, Mt. Iizuna is one of the five mountains of Northern Shinshu (Hokushin Gokaku) and is representative of the area. There are an abundant variety of alpine plants on the mountain and flowers such as the yellow marsh marigold. There are camping sites, boating areas and athletic facilities around Daiza Hoshi Pond.

Kinasa Area

Approx. 2hr. by bus or car from Nagano Station

Home to the skunk cabbage and autumnal leaves.
A place of legend and pristine wilderness.

鬼無里
KINASA



Okusosobana Valley

Okusosobana Valley is designated as one of the One Hundred Natural Treasures of Japan (One Nagano-ken Meisho Okusosobana Kyokoku). From mid October to early November, the beauty of the valley's landscape set of against the red and yellow mountains resembles a painting on a folding screen.

Okusosobana Virgin Beech Forest

Throughout Okusosobana lies a forest of giant beech trees spread around the source of the Susobana River basin. The trees hydrate the forest with their high water-retaining capacity. You will encounter a soul-cleansing forest scene every season.

Okusosobana Nature Park

Home to a large colony of approximately 810,000 skunk cabbages bearing pure white flowers. The viewing season is in mid May.

湯 Hot spring

Kinasa no Yu (Okusosobana Onsen)

The hot spring in Kinasa is also referred to as the "Kijo Momiji Senshin-no Yu (soul-cleaning hot spring of the she-devil Momiji)". Your soul will feel cleansed by the goodness of the hot spring and rich natural environment.

INFORMATION
TEL. 026-256-2140
【Admission】Adult ¥500 Child ¥300
Open: 10:00-20:30

祭 Festival

Kijo Momiji Festival

《Late Oct.》

Kijo Momiji Festival is held around a time when the autumn colours are at their best. The shrine ritual is performed in Momiji Inari Jinja Shrine along with a shishi kagura (lion dance). A performance of Togakushi Drums and a play called the Tales of Togakushi can also be seen. Stall and food stands selling local specialties are crowded with customers.

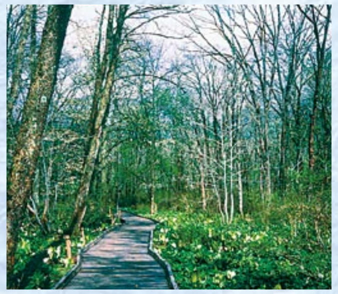
Contact with nature through trekking and sports.

歩 Explore

Highland Trekking Course

Togakushi's Recommended Walking Course

Nagano Station ⋯1hr. by bus⋯ Togakushi Jinja Shrine ⋯ Kotorigaike Pond ⋯
Togakushi Forest Botanical Garden ⋯ Kagami-ike ⋯
Okusha Shrine ⋯1hr. 20min. by bus⋯ Nagano Station



Togakushi Forest Botanical Garden

The 71ha botanical garden is nature's paradise and home to a treasure trove of wild birds and various conifers and hardwoods. Follow the nature trails to fully enjoy therapeutic strolls in the forest and bird watching.

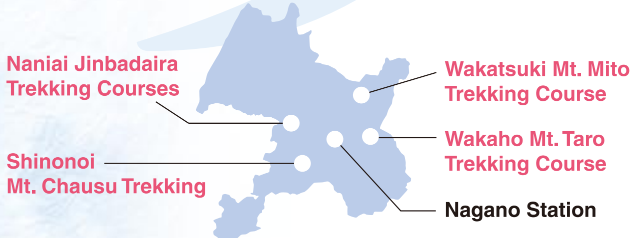
Iizuna's Recommended Walking Course

Nagano Station ⋯40min. by bus⋯ Daiza Hoshi Pond / Kotengu-no Mori ⋯5min. on foot⋯
Shinanoji Nature Trail ⋯40min. by bus⋯ Nagano Station

Shinanoji Nature Trail

Shinanoji Nature Trail links Daiza Hoshi Pond with Togakushi. Skunk cabbage and yellow marsh marigold are in bloom and are a delight to see.

Countryside Trekking Courses



Wakaho Mt. Taro Trekking Course

Follow the Wakaho Mt. Taro Trekking Course and you will see the countryside of Nagano City, temples and shrines of Wakaho district, cherry blossoms and wisteria blossoms. Looking down from a giant rock gives a wonderful panoramic view.

Naniai Jinbadaira Trekking Courses

There are two different courses: A 3-hour course which takes you the top of the mountain giving you a 360-degree view of the area, and a 4.5-hour course which leads you to historical sites including a castle ruin.

Wakatsuki Mt. Mito Trekking Course

This course will take you through the countryside to the top of Mt. Mito allowing you to explore historical sites on the way. Mt. Mito and Mt. Motodori were strategic places along the Kitaguni Kaido (an old post road).

Shinonoi Mt. Chausu Trekking

The area of Mt. Chausu is rolling mountain terrain set between the Nagano Basin and the Sai River. This course will take you through archetypal countryside scenery.

GOLF

夏 Summer

Enjoy a game of golf against a backdrop of beautiful mountains.

Nagano Keikyu Country Club

2016 Kitago, Nagano City
TEL.026-239-1025(Switchboard)
TEL.026-239-1026 (reservations)

Shinonoi Golf Park WE:GO

3956 Tanokuchi, Shinko-machi, Nagano City
TEL.026-290-3000

Madarao Tokyu Golf Club

3575-8 Oaza,koumi, Shinano-machi, Kamiminochi-gun
TEL.026-258-3511

Skiing

冬 Winter

Eagerly awaiting the winter season and the chance to leave ski tracks on a silver-white world!

Togakushi Ski Resort

At Togakushi Ski Resort, visitors are drawn by the majestic view from the Togakushi Mountain Range and the 3,000m long slope. For those wanting to walk in the snowy fields, the resort also offers cross-country skiing and snowshoeing.

INFORMATION
TEL.026-254-2106

Iizuna Kogen Ski Ground

Iizuna Kogen Ski Resort is the closest ski resort to the Nagano Interchange. It has a wide variety of ski slopes that satisfy everyone from beginners and families to professional skiers.

INFORMATION
TEL.026-239-2505

Hijiriyama Panorama Ski Resort

Set halfway up Mt. Hijiri, this resort affords a panoramic view of the peaks of the Northern Alps. It is the perfect ski resort for beginners and families.

INFORMATION
TEL.026-266-2623

Matsushiro Area

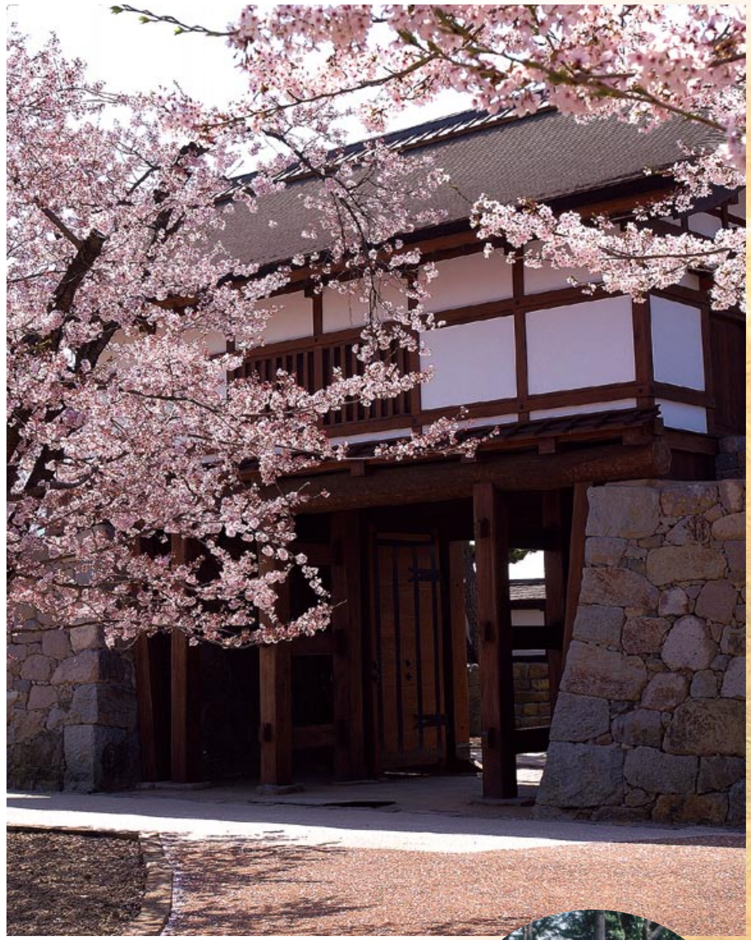
Approx. 30min by bus or car from Nagano Station

松代

MATSUSHIRO

Matsushiro

From the Warring States period to the Edo Period, politics and culture developed in the castle town of Matsushiro Castle. Visitors can explore historical sites associated with the samurai Sanada family and Zozan Sakuma, a politician who advocated the opening of Japanese ports to foreign traders.



Site of Matsushiro Castle and Cherry Blossom

《Viewing season: Mid-late Apr》

At the time of the historically famous Battle of Kawanakajima, Matsushiro Castle was built as the stronghold for Shingen Takeda. It later became the residence of the Sanada family.

Renovation work has recently been completed and visitors can learn about the end of the Edo Period as well as view the glorious cherry blossom in the grounds.

INFORMATION

TEL.026-278-2801 (Matsushiro Bunka Shisetsu-to Office)
【Admission】Free　Open:09:00-17:00

Chokokuji Temple

Chokokuji Temple, with the striking Orca ornaments and Rokumonsen emblem that adorns its roof, is the Sanada family temple. The ancestral tomb of the first clan lord Nobuyuki is designated an Important Cultural Property.

INFORMATION

TEL.026-278-2454
【Admission】Adult ¥300, Child aged 7-15 ¥200
Open:09:00-16:00　Closed Wednesdays, New Year period

Former Yokota Family Residence

The residence of a middle-class samurai who served as the county magistrate of the Matsushiro Clan. The old-fashioned thatched roof and seasonal flowers that bloom in the garden will soothe the soul.

INFORMATION

TEL.026-278-2274
【Admission】Adult ¥200, Child 7-15 ¥100　Open: 09:00-17:00
(Last admission 16:30)

Sanada Treasure Museum

Former Sanada Residence

Bunbu School

Learn about the background of the Sanada Clan

The Sanada Treasure Museum which exhibits the Sanada family treasures and the former Sanada Residence with its beautiful garden and Bunbu School, where the sons of the clan members studied literature, military science and swordsmanship, convey the culture of the castle town to the present day.

INFORMATION

TEL. 026-278-2801 (Sanada Treasure Museum)
【Admission】
[Combined ticket for 2 museums] Adult ¥350, Child 7-15 ¥140
※Due to construction work being carried out in the former Sanada Residence, admission is free (work due to be completed by late March 2010).
Open: 09:00-17:00 (Last admission 16:30) ※Sanada Treasure Museum is closed every Tue.

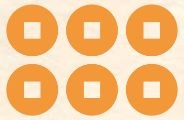
Who were the Sanada family?

The long-established Sanada family from East Shinshu expanded their influence as a local ruling family and survived turbulent times from the Warring States period, the age of rival warlords, to the 400 year-long Edo Period. Matsushiro retains the stateliness of the simple samurai spirit of the Sanada family.

Yukitaka Sanada

What's Rokumonsen?

Rokumonsen is the Sanada family emblem. Tradition has it that the emblem came into use after Yukitaka Sanada used it on his banner.



The achievements of Zozan

Zozan Shrine / Kogi-tei / Zozan Museum

Kogi-tei is a building steeped in history and the place where Zozan Sakuma debated about the condition of the government with various guests. The museum exhibits electrical medical equipment made by Zozan and teaches us about his talents.

Who was Zozan Sakuma?

In 1868, Japan ended its isolationist foreign policy and began negotiations with other countries. Zozan Sakuma (1811-1864) of the Matsushiro Clan, an advocate for the opening up of Japan, laid the foundations for this to come about. He was a skilled linguist and scientist, and his writings, drawings and sites of experiments, which show his regard for the technology of Western culture, industry and telegraphic communication, can be found at the Zozan Museum and in the town.

Enjoy Japan
Yugaku Castle Town Shinshu/Matsushiro
École de Matsushiro

Play and learn in a castle town. Enjoy an intellectual and creative time in a designated Cultural Property.

As part of its urban development, Shinshu Matsushiro perceives itself as becoming the "Matsushiro School of Learning" - "A resort of lifelong learning and exchange". To this end, it aims to become a resort that provides exchanges through "lifelong learning" by widely introducing the Matsushiro castle town lifestyle that has been passed down over time and by providing places that allows visitors to experience it through the active use of many of the cultural properties available in Matsushiro.

INFORMATION

TEL.026-278-0550　(École de Matsushiro Club)

Food

Matsushiro-yaki

Beautiful pottery

Matsushiro-yaki is the name of the pottery which was created in the early part of the 18th century in the castle town of the Sanada family, Matsushiro. It is unique for its simple form and weight and its distinctive blue-green glaze. Although the pottery can be purchased, visitors who wish to make one should go to the workshop.

INFORMATION

TEL.026-278-7302 (Matsushiro To-en)
Hand-thrown Tea Cup Course ¥1,500
Electric Kiln Course ¥10,000
Open : 08:30-17:30　Pottery courses 09:00-15:00

Nagaimo Yam

Seasonal fare

The Matsushiro Nagaimo Yam has a unique delicate flavor and is harvested in the spring and late autumn. It is eaten grated with the addition of soup stock and poured over rice cooked with barley or soba, raw tuna or tofu. It can also be enjoyed as thin, firm textured rectangles.

Hot spring

Matsushiro-so-Local Government Operated Inn (Matsushiro Onsen)

Matsushiro-so is famous for its peculiar reddish-brown hot spring and as being the secret hot spring reputed to have healed Shingen Takeda's soldiers. The 100% natural hot spring never stops flowing. As the water contains a large amount of sodium, it warms the body right through.

INFORMATION

TEL. 026-278-2596
【Charges】Adult ¥500, Child ¥200
Open:10:00-22:00 (Last admission 21:30) Open seven days a week

Festival

Matsushiro Clan Sanada Jumangoku Festival

《Mid Oct》

This Festival is the most spectacular event that takes place in the castle town of Matsushiro.

It includes the Matsushiro Clan Sanada Jumangoku Procession, which recreates the atmosphere of the castle town during the Edo Period, and a performance of Sanada Kachidoki Drums.

Walk

Walking Courses in Matsushiro (2-3hrs walk)

Matsushiro Station → 3min. → Site of Matsushiro Castle → 5min. → Matsushiro-han Bunbu Gakko → 10min. → Zozan Shrine → 5min. → Former Jozan Yamadera Residence → 7min. → Zozan Underground Imperial Headquarters → 10min. → Zozan Museum → 5min. → Former Yokota Residence → 7min. → Former Sanada Residence → 2min. → Sanada Treasure Museum → 4min. → Matsushiro Station

※All durations indicated are for walking.
※Areas in the former Sanada Residence available for viewing are limited due to renovation works being carried out until the end of March 2010.

Let us show you around Matsushiro.

Matsushiro Cultural Property Volunteers

TEL.026-278-9010
09:30-16:00 (Except the New Year period)
The Matsushiro volunteer town guides show visitors around the area's Cultural Properties.

Kawanakajima Area

Approx.35min by bus or car from Nagano Station

川中島

KAWANAKAJIMA

Kawanakajima

Explore Kawanakajima - the remnant of the dreams of the Samurai from the Warring States period.

About 500 years ago, the battles that were fought several times in the struggle for supremacy of Zenkoji-daira conformed with the spirit of the samurai - Bushido. The stories of the battles have been handed down in the forms of songs, novels, movies and TV dramas.

Numerous monuments convey the history of fierce battles

Monument for the site of Mitachi Nanatachi

Kenshin Uesugi made an attack on the stronghold of Shingen Takeda and slashed him with his sword three times. Shingen caught the blows with his fan and it is said that seven sword marks were found in it.

Shunen-no Ishi (Rock of Vengeance)

When Shingen and Kenshin had their one-to-one battle Shingen found himself in danger and was saved by his general. However, it is said that bitterly disappointed by having missed the chance of capturing Kenshin, Shingen pierced the rock with his spear.

Kubizuka

Kubizuka is the mound where the first Lord of Kaizu Castle,(Matsushiro Castle) Danjyo Kosaka, respectfully buried the war dead, friend and foe alike, after the Fourth Battle of Kawanakajima.

Old Kawanakajima Battlefield

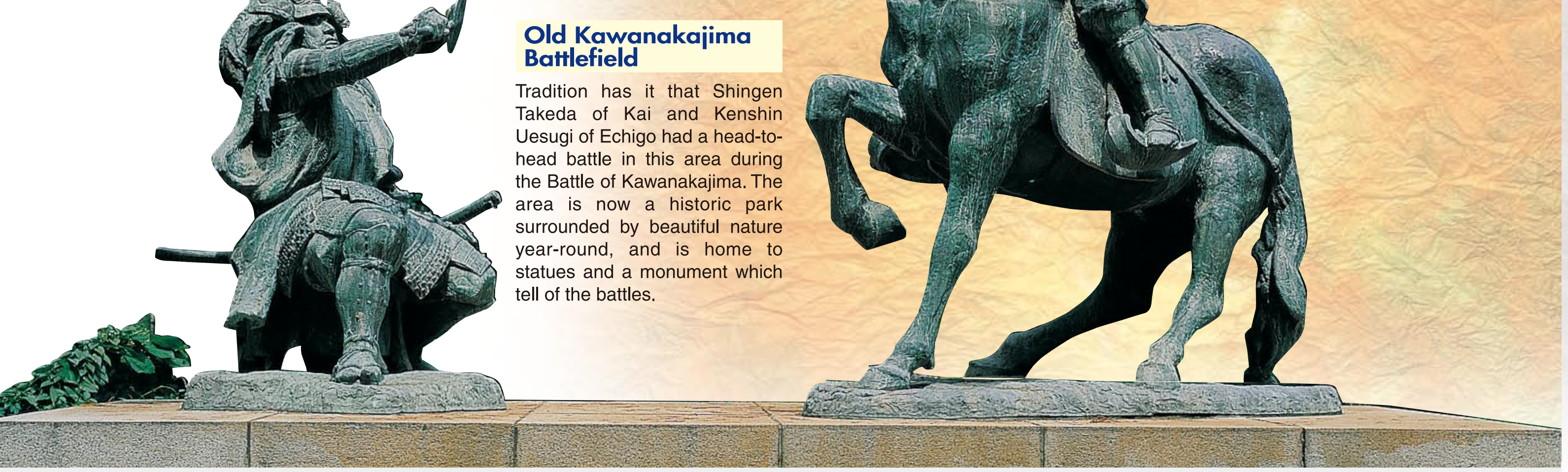
Tradition has it that Shingen Takeda of Kai and Kenshin Uesugi of Echigo had a head-to-head battle in this area during the Battle of Kawanakajima. The area is now a historic park surrounded by beautiful nature year-round, and is home to statues and a monument which tell of the battles.

Historic site dedicated to the war dead of the Battle of Kawanakajima

Tenkyuji Temple

Tenkyuji Temple is the family temple of Nobushige Tenkyu, Shingen Takeda's brother who died in the war, and it is where prayers are offered for the war dead of both the Takeda and Uesugi armies. Also worth seeing is the 5m-tall giant statue of Yama (ruler of the underworld in Buddhist mythology).

INFORMATION
TEL.026-254-2395
【Admission】Adult ¥200, Child 7-15 ¥150
Open:08:30-17:00
Except the New Year period.



Sculpture depicting the battle between Shingen and Kenshin

A short history of Nagano City

Nagano City Museum

The Museum exhibits the history, geography and culture of Nagano Basin using various easy to understand data and diorama. There is a planetarium next door.

INFORMATION
TEL.026-284-9011
【Admission】Open: 09:00-16:30 (Last admission 16:00)
Closed Mondays, the day after national holidays (Except if it is a Sunday), New Year period
※Temporarily closed around the 2nd week of July

13

The City of the Winter Olympics

五輪 Olympics

In the winter of 1998, the Nagano Winter Olympic Games were staged in Nagano City

For the people of Nagano City, the memories of the exciting games played in the uniquely shaped athletic facilities are unforgettable. The excitement is sure to be revived if you visit the venues.

Minami Nagano Sports Park
(Venue for the Opening and Closing Ceremonies)

The Nagano Winter Olympic cauldron that held the Olympic flame is the spot for taking commemorative photographs. The venue has been developed as a place where the citizens of Nagano come to relax. The Nagano Olympic Stadium is also used as a multipurpose stadium.

INFORMATION
TEL.026-293-4062

M-Wave [Olympic Memorial Museum]
(Speed-skating facilities)

The M-Wave houses an arena as well as exhibits related to the Olympic games. In the winter season, the arena is used for ice skating (charges apply).

INFORMATION
TEL.026-293-4062
【Admission】Free Open: 10:00-17:00 *Olympic-related exhibits are available for viewing on Sat, Sun and national holidays only

Big Hat
(Ice Hockey Arena-A)

The shape of the roof of this venue is a combination of gently curved spheres and resembles a "big hat". It is currently used as a multipurpose hall.

INFORMATION
TEL.026-223-2223

Powerful guardian of the community

Ashinojiri Dosojin
(guardian of the community)

Ashinojiri Dosojin is a traditional local event handed down from ancient times. Every year on January 7th, local residents bring along their ornaments to create an effigy of the giant guardian of the community, which bears human facial features. The guardian of the community stands by the roadside overlooking the Alps from where he protects the locals from illness and disasters, and keeps passers-by safe. The guardian was shown at the Opening Ceremony of the Nagano Winter Olympics in 1998 and attracted the attention of the people from around the world.

周遊 Excursions

Trips further afield…

Change on to a Bullet Train, train or bus from Nagan Station and continue your pleasant journey through Nagano Prefecture.

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